

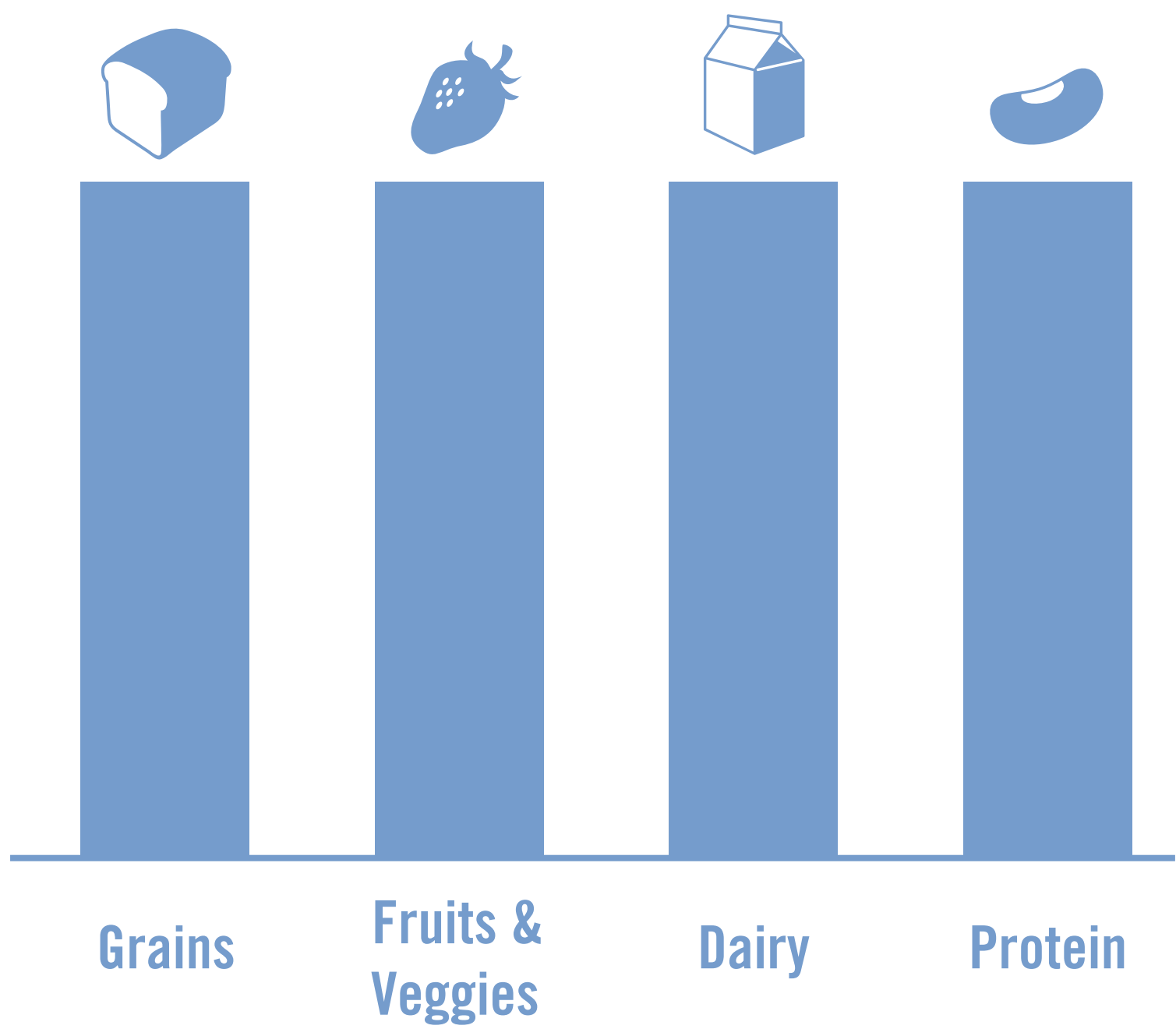
COMING
OCTOBER
2009

healthyhabitsbeginatbirth

YOUR NEW WIC FOODS

FOOD PACKAGES AND BENEFITS FOR MOM AND BABY

Breastfeeding



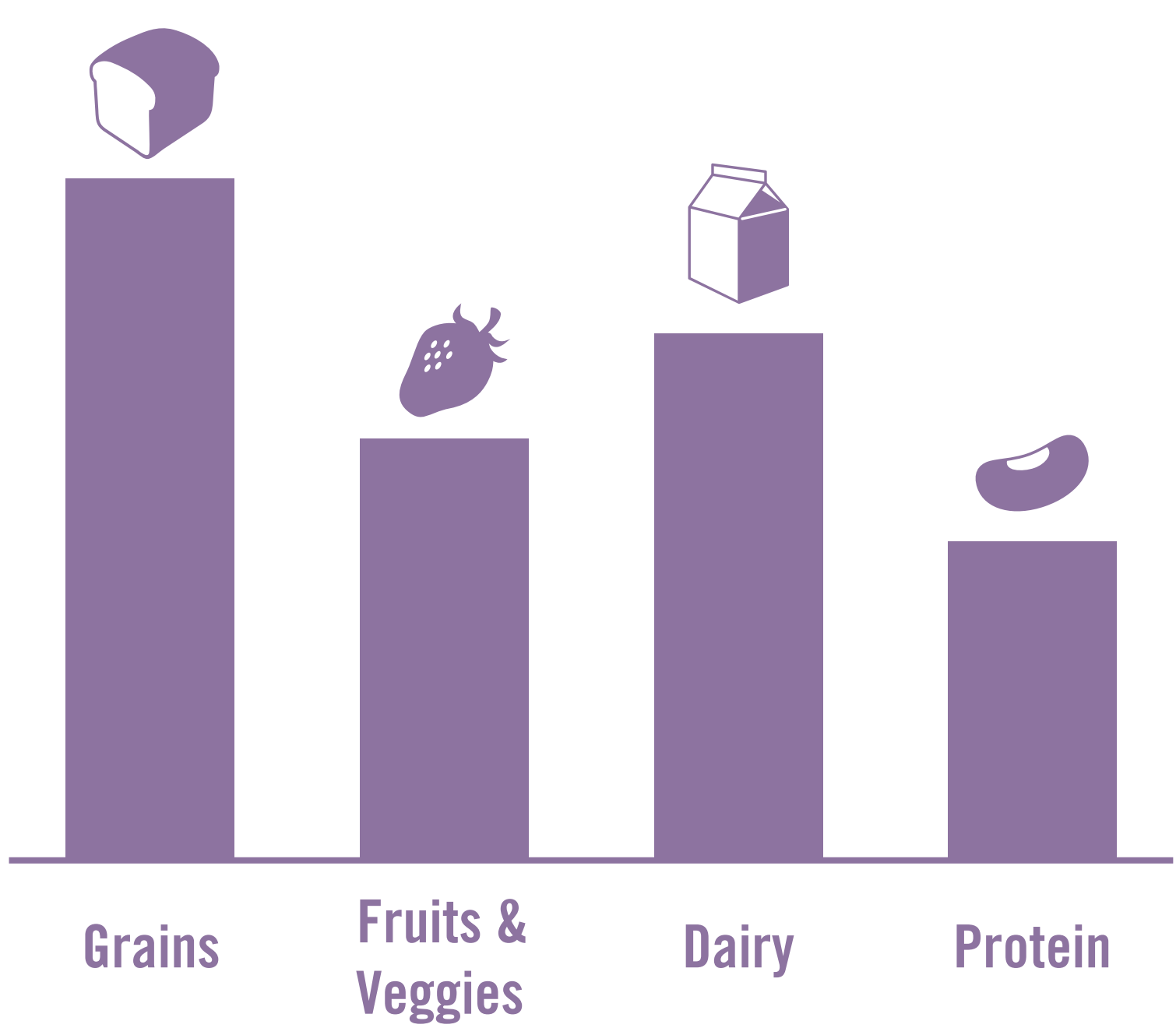
For moms

- More variety, more foods
- Foods for up to one year
- Breastfeeding support and other services

For babies

- Mom's priceless breastmilk
- At 6 months:
 - Baby cereal
 - Twice as much baby fruits and vegetables
 - Baby meats

Partial Breastfeeding



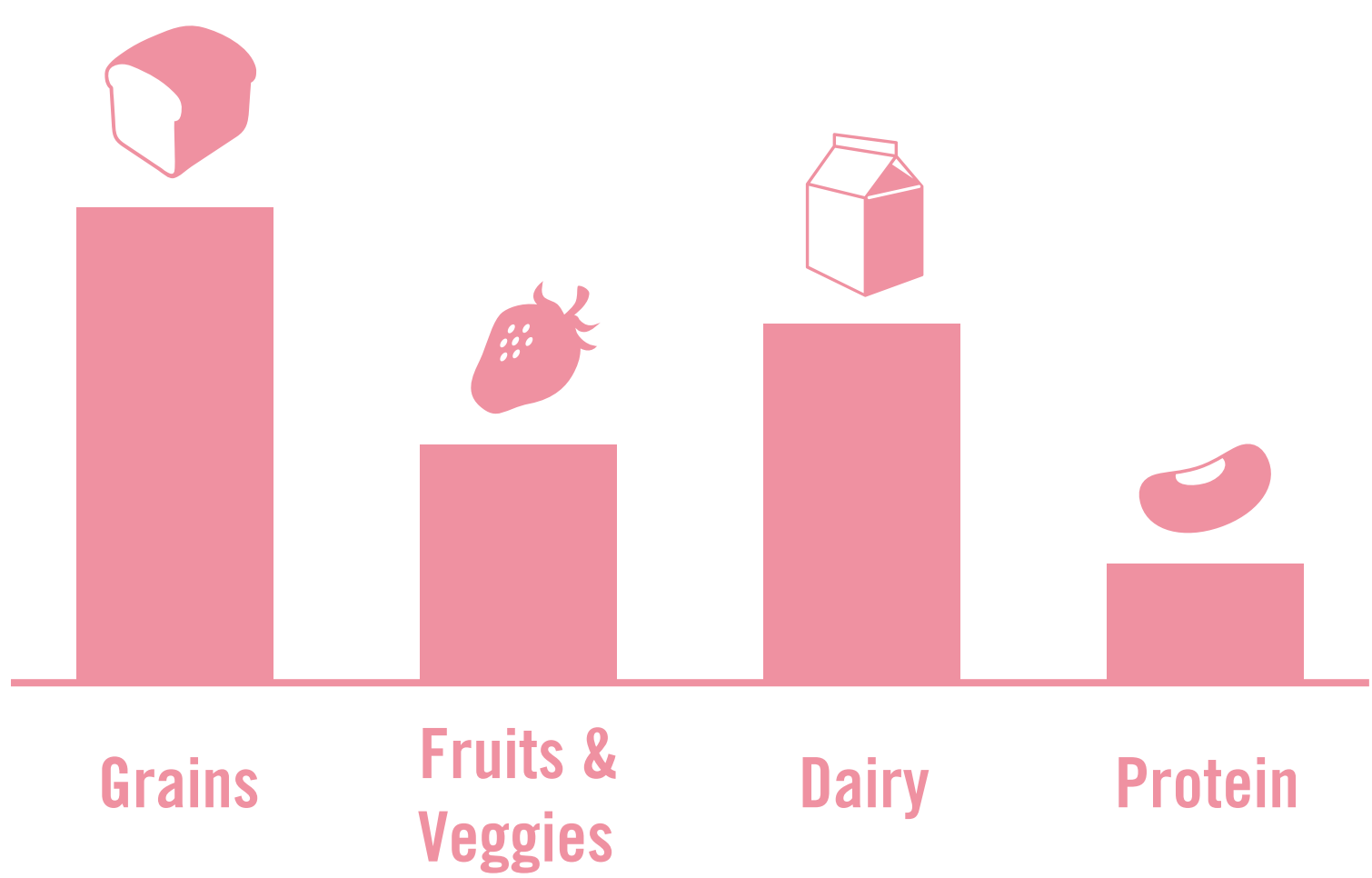
For moms

- Foods for up to one year
- Breastfeeding support and other services

For babies

- Mom's priceless breastmilk
- Limited amount of formula
- At 6 months:
 - Baby cereal
 - Baby fruits and vegetables

Non-Breastfeeding



For moms

- Foods for 6 months

For babies

- Amount of formula depends on baby's age
- At 6 months:
 - Baby cereal
 - Baby fruits and vegetables